are available at the end of each case. Although this CD cannot replace a textbook on echocardiography, it provides relevant information about the interpretation of echocardiograms.

For ease of use, the CD-ROM is organized into the following sections: an atlas, echo anatomy, and case studies.

The atlas covers diseases of the coronary arteries, the myocardium, the cardiac and pulmonary valves, the pericardium, and the aorta, as well as endocarditis, tumors and masses, pulmonary hypertension, and congenital heart disease. The user can activate several screens simultaneously, making it possible to evaluate the pathology of a condition in different views. The text option provides an explanation of each view and highlights the important features.

The echo anatomy section provides a user-friendly approach to cardiac structures as viewed by means of 2-dimensional and Doppler echocardiographic imaging.

Each case study simulates a real echocardiographic examination. The user can select views, imaging modes, and Doppler interrogation. Each case includes a brief history and ends with a complete report.

The CD also offers presentation and self-assessment features. The presentation feature is a superb tool for lecturers, because it enables the user to select and download views for presentation in seminars. Cases can be displayed in different views and at different speeds, and labels can be added to the images. The self-assessment feature, which uses a format similar to that of the presentation feature, presents case studies in random order without revealing the diagnosis; this feature enables the user to assess his or her mastery of the materials presented. A "compare" function presents information on differential diagnoses.

The CD also offers a "Help and Abbreviations" feature, which guides the user through its different options and features.

The loading speed and the frame rate depend on the characteristics of the computer used. For use on a Macintosh computer, the CD requires at least 68040/25 MHz or a PowerMac, and 8 MB of available memory. To use the CD on an IBM-compatible computer, the computer must be running Windows 3.1, Windows 95, or Windows NT 4.0, and have at least 16 MB of memory available; a Pentium-compatible processor is recommended. The program performed adequately when tested on a Pentium 90 MHz computer with 2x-CD and 16 MB RAM. In the self-assessment mode, returning to the main menu was difficult and slow. Other modes performed flawlessly. Futura Publishing Company offers technical support.

In general, this CD-ROM is a very useful learning and teaching tool. It focuses mainly on transthoracic examinations, and includes only a few transesophageal images. It is an excellent atlas for computer-generated presentations.

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The Heart and Lung in Obesity

Martin A. Alpert, James K. Alexander, editors.
253 pp. Armonk, New York: Futura Publishing Company, Inc., 1998. US $81. ISBN 0-87993-685-1

The Heart and Lung in Obesity provides a very well-organized and comprehensive review of the effects of severe or morbid obesity on the cardiopulmonary system. In an era in which great emphasis is placed on primary prevention, this book is a necessity for anyone who attempts to understand the effects of obesity on the cardiopulmonary system.

The book comprises 12 chapters by authors who represent the fields of internal medicine, cardiology, nephrology, pulmonary/critical care, and pharmacology. Several chapters have been written by the editors, Drs. Alpert and Alexander, whose landmark studies of this subject have been integral to the evolution of the field. I believe that the diversity of fields represented by the authors, in combination with the contributions from Drs. Alpert and Alexander, have yielded a book that provides a comprehensive review of the effects of severe or morbid obesity on the cardiovascular and pulmonary systems.

The chapters are easy to read and are extensively referenced. The book makes excellent use of graphs, tables, and diagrams to convey results and trends from various studies. Each chapter ends with a concise summary and conclusion. In my opinion, this is one of the strong points of the book, because while each chapter may cite several studies with conflicting data, the conclusion and summary ensure that the reader understands the author's position.

The book's 1st chapter traces the evolution of interest in the effects of obesity, and the early understanding of those effects. The 2nd chapter covers the effects of obesity on myocardial metabolism, morphology, and function in the obese (fa/fa) Zucker

rat. This is followed by chapters on the morphologic and hemodynamic alterations observed in human beings. Subsequent chapters discuss the pathogenesis and clinical manifestations of obesity, including cardiomyopathy, hypertension, coronary heart disease, decreased pulmonary function, and sleep-disordered breathing. There is also a separate chapter on the treatment of obesity cardiomyopathy.

I believe that the authors have achieved their objective, which was to present a critical, up-to-date, and comprehensive review of the effects of obesity on the heart and lung. For this reason, I highly recommend the book.

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